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ABSTRACT

The guide, intended to aid students (grades four and above) in making their bodies a good home for their spirit, provides a variety of athletic activities and traditional Indian recipes for use in the classroom or in cultural programs. Apart from running (the major American Indian means of maintaining physical fitness), instructions are given for the following 16 tribal games: "kickball" (Yakima), "Wut Si Mo" (Paiute), "Tek'me pu'ku" (Moquelumnan), "Tinbin Terowako" (Bannock), "juggling" (Eskimo, Urock, Shoshone), "Tculikiwe'kut" (Pima), "Gamago" (Iroquois), "Paska Tanchi" (Choctaw), "sled" (Sioux), "stilts" (Hopi, Shoshone, Zuni), "hide-and-seek" (Makah, Twaba), "Tateka Yukmunpi" (Oglala Dakota, Teton Dakota), "double-ball game" (Menominees), "buzzzzzz" (Plains tribes), "knuckle hop" (Eskimo), and "stick pull" (Eskimo). Seventeen recipes from various tribes are provided, along with nutritional information, i.e., calories, carbohydrates, fats, protein, fiber, polyunsaturated fats, minerals, and vitamins. The guide encourages special attention to the pronunciation of words that appear from different Native languages. (AH)

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A'una

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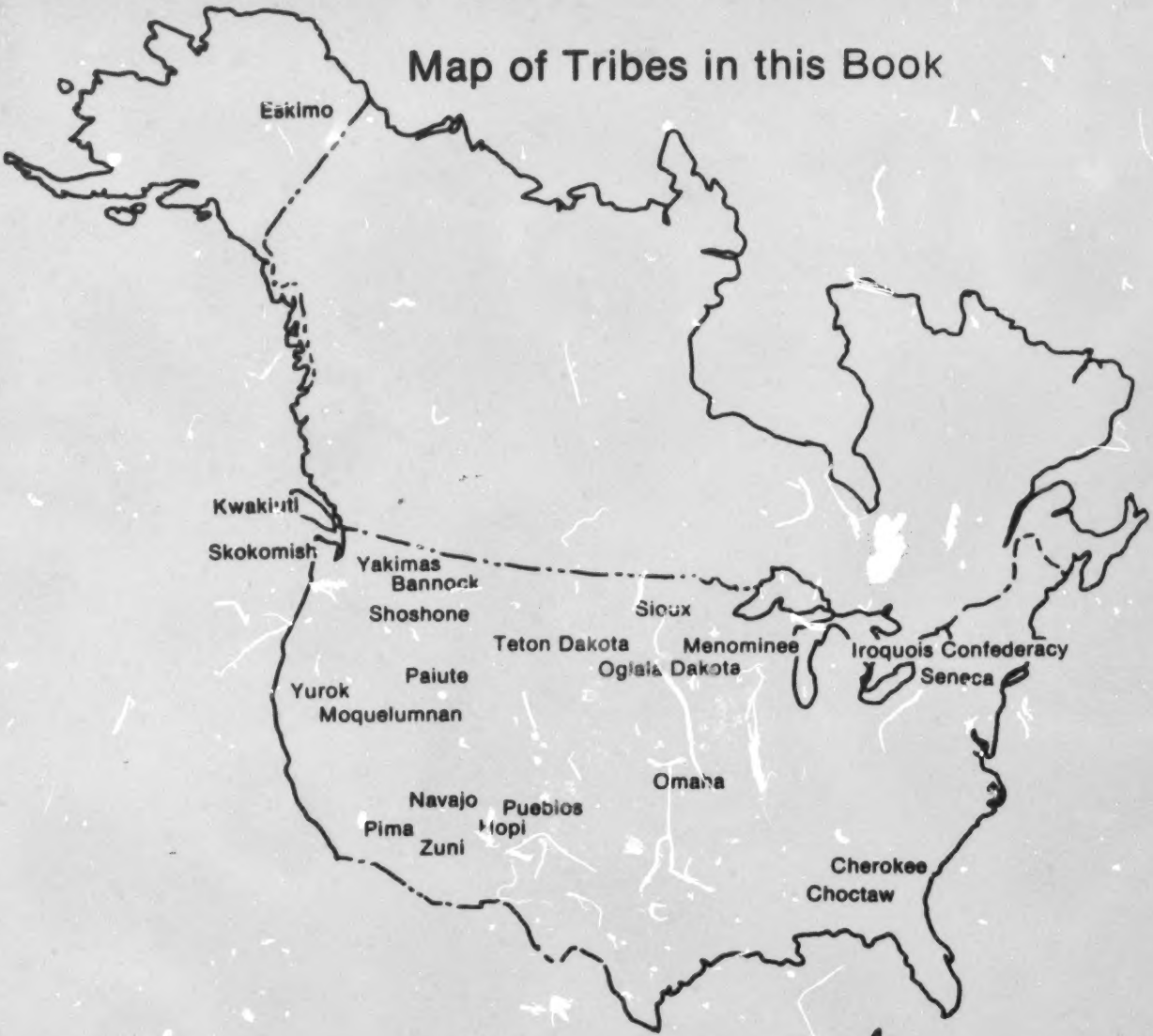
Map of Tribes in this Book
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Skokomish
Yakimas
Bannock
Shoshone
Sioux
Teton Dakota
Menominee
Iroquois Confederacy
Ogiala Dakota
Seneca
Paiute
Yurok
Moquelumnan
Omaha
Navajo
Pueblos
Pima
Hopi
Zuni
Cherokee
Choctaw

A'una*

Games and Recipes From the DAYBREAK STAR

Developed by the Curriculum Development Staff of
United Indians of All Tribes Foundation.

Written by Bill Brescia

Adapted from text by Bill Brescia, Colleen Neal, Karleen Pederson, Debbie Snyder and Joan LaFrance.

Edited by Gail Stevens

Illustration and design by Patricia Klink.

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*A'una is a Wasco word meaning "let's go!"

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Introduction

This book is intended to be used by grade four students and above. It is our intention to provide the reader with a variety of athletic activities and traditional Indian recipes for use in the classroom or in cultural programs. It is not our intention to publish the totally definitive text on either subject or to provide an indepth look at any particular tribe.

Special note should be taken of the "per serving content" information given at the end of each recipe. The serving is taken to be what a healthy twelve year old would eat, by our experience. Information taken from these charts can be informative to students.

The per serving charts have abbreviations for the different categories. Their explanations are as follows:

CAL	calories	K	potassium
CHO	carbohydrate	Mg	magnesium
FAT	fat	Fe	iron
PRO	protein	THI	thiamin
FIB	fiber	NIA	niacin
PUFA	polyunsaturated fatty acids	A	vitamin A
Na	sodium	RIB	riboflavin
Ca	calcium	ASC	ascorbic acid
P	phosphorus	D	vitamin D

Numerous studies of traditional American Indian diets have shown them to be perfectly balanced and far superior to the diet of most Americans today. To Indians the body is a home for the spirit. Keeping your body healthy is important to the health and happiness of your spirit.

Apart from the games and food described in this book, without a doubt running was the major means of maintaining physical fitness, a fact of great humor to many Indians who see so many "joggers" around today.

For many Indian children, running was a way of life since they learned to walk. However, a training schedule was never used. Instead when they accompanied the adults to the corn field, they were told to run to the end of a row and back, sometimes a considerable distance, or children were sent to catch a particular butterfly and press it to their chest to give them speed and quickness. A child might run many miles in a day but never around and around a track. Pueblo runners were told to look to the mountain tops and the running would be easy. Early explorers in the southwest were astonished to see Hopis get up before dawn and run 35 miles to cultivate corn and then run home at nightfall.

The act of running fast by itself is not considered of sole importance. Strategy and endurance are also important. This is pointed out in many Indian legends where slower animals race against faster foes but win due to the skill of pacing and cleverness. The Alabama legend of the race between the Crane and the Hummingbird is a perfect example of the endurance and pacing of the Crane winning out over the swifter Hummingbird.

Special attention should be given to the pronunciation of the several words that appear from different Native languages. Each of these is written in English pronunciation. Our purpose is not to teach the language but to present Native language as being alive and useful to the people that speak them.

This book will give you many activities and help you make your body a good home for your spirit. It is our hope you will enjoy these activities and will seek out more knowledge of the Indian way of life.

William Brescia, Jr.

Games

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KICKBALL

The Yakimas play a ball game that is similar to a kickball game played by people today. That game is soccer.

Long ago the Yakimas played this game around the village. It was played by both men and women.

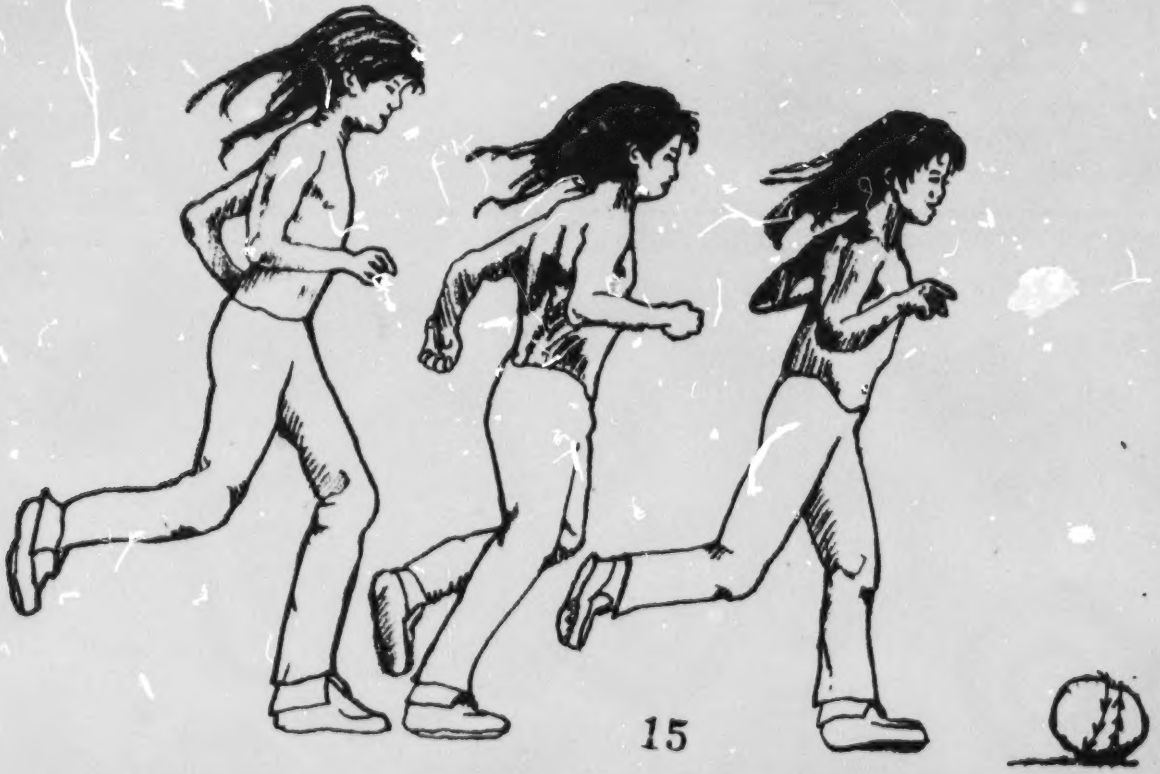
The ball used by the Yakimas was made from a deerskin stuffed with deer hair. If you want to play you can make a ball from a piece of cloth. It will make the game different if you use a rubber ball.

Next, set up a goal on each end of the playing field. One player on each team is named the goalie. You might have to help this player protect your goals when the ball is on your end of the field.

You can only kick the ball. It's not fair to use your hands. Each time you score, count 1. Fifteen or twenty points wins the game.

WUT SI MO

This game is played by the Paiute Indians. Wut Si Mo is played using a ball covered with buckskin. The ball is about three inches wide. There are two teams of four players each. The playing field is about fifty yards long. On each end of the playing field are goals made of willow sticks. The object of the game is to kick the ball down the field and through the goal posts.



TEK'ME PU'KU

This game is a ball race and is very much like the relay races played in school. The Moquelumnan tribe called this game Tek'me Pu'ku; tek'me means "to kick" and pu'ku means "little dog". It was played with teams and the spectators often bet on who would win.

Materials necessary for the game are chalk, a ball, two posts and some sticks. First, make a track using the chalk. Draw two parallel lines about 6 inches apart and at the end of each line, place a post. This will be the finish line. This is all that is needed to set up the game.

To begin playing the game, one player must kick the ball down the track, keeping it inside the boundary lines, until it passes between the two posts. The remaining players should be on the sidelines helping to kepp the ball inside the track lines. If the ball goes outside of the track, the players must get it back inside and start again at the place where it went out. None of the players are allowed to touch the ball with their hands. The first player to kick the ball down the track between the two posts is the winner.

TINBIN TEROWAKO

Tinbin Terowako was played by the Bannock tribe from Idaho. They used a ball that was three inches in diameter. You may use a lead fishing weight or a tennis ball or anything round. We made a target on a telephone pole with chalk. When the ball hit the chalk target, it made a mark so you could tell where it hit. The Bannocks bet on who would come the closest to the mark. We used a tennis ball, and threw it from about twenty feet away from the target. Each player gets three throws, and whoever hits the target the most times wins.

JUGGLING

Juggling is the sport of tossing at least two objects into the air, catching them and tossing them up again. You repeat this, trying not to drop any of the objects. It gets harder each time you add an extra object, but after much practice, you can master the sport!

Many tribes from all over North America juggled. While walking, Eskimo girls would throw stones or chips above their heads and try to keep at least two in the air at the same time. Other people juggled small balls, throwing them from hand to hand, keeping at least one ball in the air at all times.

Urock Indians from Northern California juggled using flat, round stones.

Shoshone Indian women would juggle with stones about 2 inches in diameter. The stones they used were worn smooth from water. The name of the game describes the way the stones were thrown with the hand: nawatapitanawatapi. Two to four painted stones were juggled. To make juggling a contest, Shoshone women would set a destination, such as a tree, and juggle the stones as they walked to the tree. The first person to reach the tree without dropping the stones was the winner.

To try juggling, first get two or three balls. A good sized ball to start with is one that easily fits into your hand. Now try passing them from one hand to the other. After you've mastered this, add another ball and try to keep them going without dropping any.

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TCULIKIWE'KUT

The ring and pin game was played by many tribes. The Pima Indians of Arizona called it Tculikiwe'kut. They used many rings made of dried gourd shells. Some other tribes used bones or the bark of trees. The pin is a stick about 10 inches long. A leather cord almost 2 feet long is connected to the bottom of the stick and through all the rings.

To play the game, hold one end of the stick and toss the rings into the air. As they come down, try to catch as many rings as possible on the stick. Points are scored for each ring caught. Before starting, players agree on the number of points it will take to win. A player keeps tossing as long as they score. If they miss, the ring and pin is passed to the next player.

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GAMAGO

The name of this game is Gamago, an Iroquois game. They use a five or six foot hickory or maple spear, and a hoop about eight inches in diameter as the target.

Two teams of 15 to 30 people each would line up several feet apart facing one another. Members of each team would try to hit the hoop when it was rolled down the center. After someone's spear landed inside the hoop, everyone on the opposite side had to try to hit the inside of the hoop. Whoever missed had to give up their spear.

This game is difficult to master. It is easy to see why playing this game could help sharpen hunting skills.

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PASKA TANCHI

The name of this game is Paska Tanchi, meaning "corn bread." The Choctaw tribe from the southeastern United States plays this game. The game is sometimes played all day. Paska Tanchi is a dice game much like a game played by non-Indians.

The rules aren't hard to remember. Materials you will need are dried white corn, which you burn on one side until it is black. It must be burnt since paint used on dry corn will easily rub off. Burn one side of eight kernels of corn.

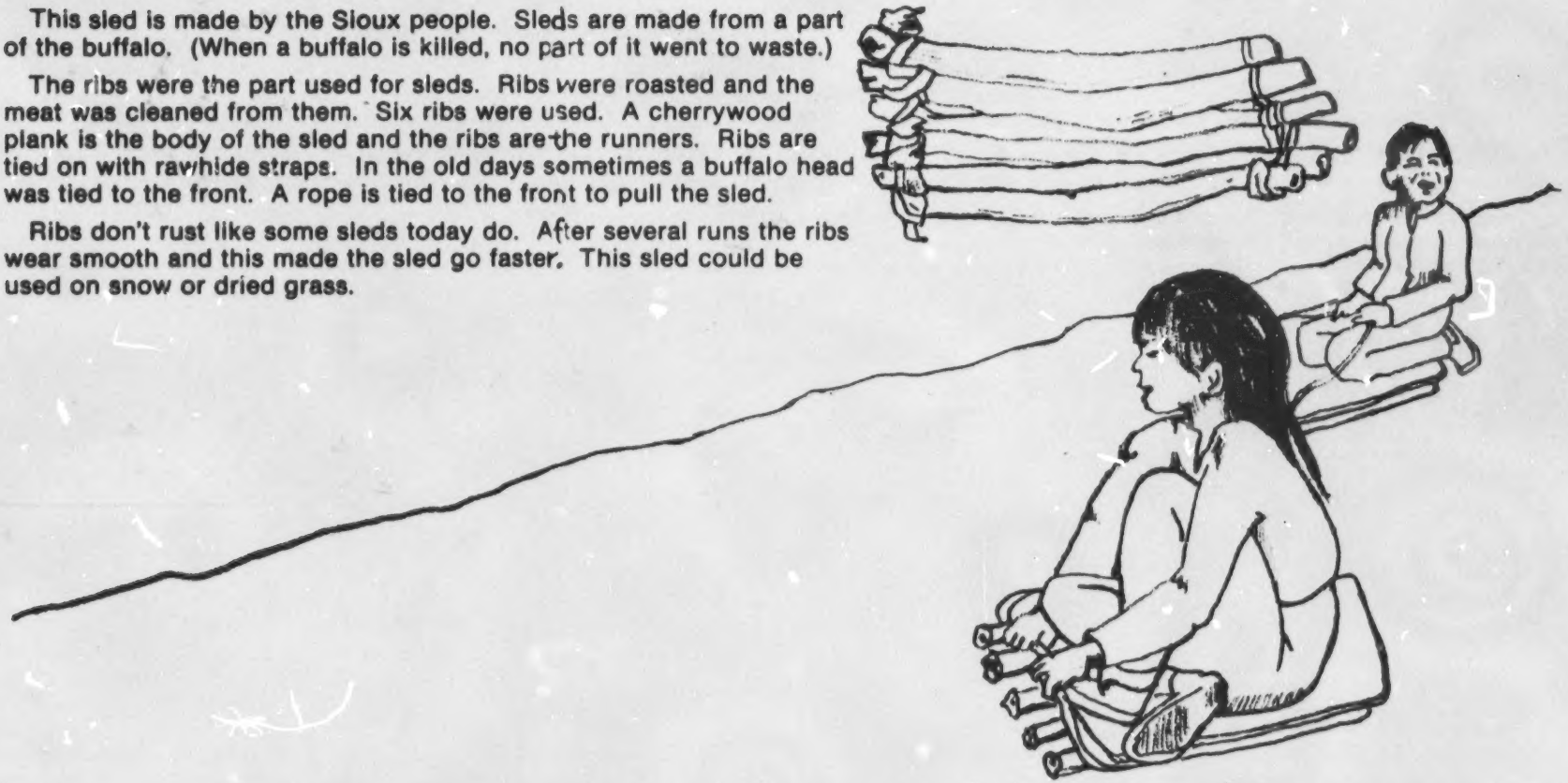
Throw the corn and count how many white sides face up. Have the score keeper write down the amount of whites you have. The first one to get twenty-five points is the winner.

SLED

This sled is made by the Sioux people. Sleds are made from a part of the buffalo. (When a buffalo is killed, no part of it went to waste.)

The ribs were the part used for sleds. Ribs were roasted and the meat was cleaned from them. Six ribs were used. A cherrywood plank is the body of the sled and the ribs are the runners. Ribs are tied on with rawhide straps. In the old days sometimes a buffalo head was tied to the front. A rope is tied to the front to pull the sled.

Ribs don't rust like some sleds today do. After several runs the ribs wear smooth and this made the sled go faster. This sled could be used on snow or dried grass.



STILTS

Walking on stilts can be fun! You have to have a good sense of balance to do it. Children from several Indian tribes used stilts for play. Some people think the stilts were first made from planting sticks. The Hopi of Arizona, the Shoshone of Wyoming, and the Zuni of New Mexico had stilts for outdoor games.

It is not hard to make your own pair of stilts. Indian children sometimes used a forked stick covered with willow bark or colored rags. The sticks could be long or short.

To make your stilts, get two pieces of wood cut the length you want. Before you decide on the width of the wood, try grasping it with your hand so that it feels comfortable when you are holding on to it. Next, cut two smaller pieces in the shape of a triangle. You can use both wood, glue and nails to attach this piece to the longer piece.

Be sure you find a flat place to try walking on your stilts for the first time. Pretty soon you will be going uphill and down!

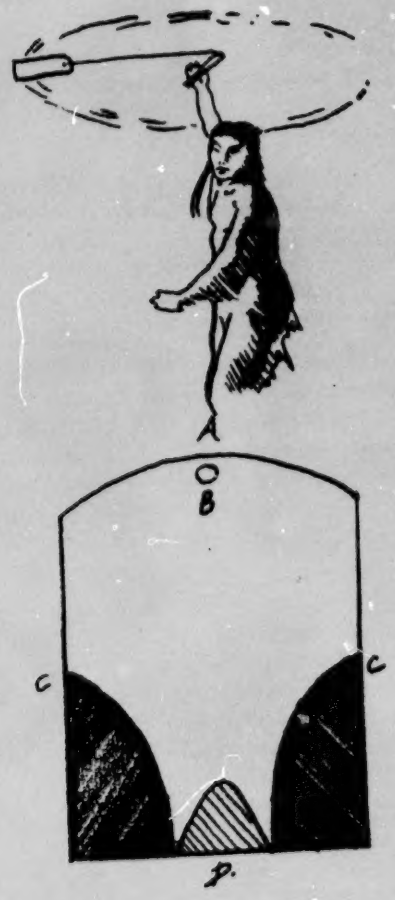
HIDE-and-SEEK

Hide-and-seek was a game played by Indians of the northwest coast. This game would teach young boys how to run in the woods without being heard or seen.

An elder would take the boys into some dense woods. He would close his eyes and begin to count while the boys scattered this way and that. Then the elder would blow a whistle or cry out and the boys would have to freeze. Then the elder would move about a few feet and try to spot someone. If he did, then that person would be out of the game.

Then the elder would close his eyes and the boys would try to move closer to him. When he cried out, they would have to freeze again. Whoever was spotted was out of the game. It was important that the boys moved swiftly and silently. They would have to stay under cover or hide in shadows in order not to be seen. When the elder cried out they would freeze until a second cry. Whoever moved back to where the elder was standing, without being seen, was the winner.

This game was played in different ways and was always fun for the Makah and Twana boys to match their wits against those of the elder. It was important because it taught the boys the art of swift and silent movement. They would gain the ability to be close by without being seen. This was an important quality of a good hunter who used trees and bushes for hiding. It was also important in warfare when carelessness could cost them their lives.



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TATEKA YUKMUNPI

This toy is called a bull roarer or tateka yukmunpi in Oglala Dakota language. Many tribes had a toy like this. The Omaha tribe called it a gahoota. In the Teton Dakota tribe it is called a chan kaoletuntunpi. This means "wood having edges," a good description of this toy.

Materials needed:

1. A small flat piece of wood - or pieces about 6 inches long, 1¼ inches wide and only ¼ inch thick.
2. Some string - about 24 to 36 inches.

Tools:

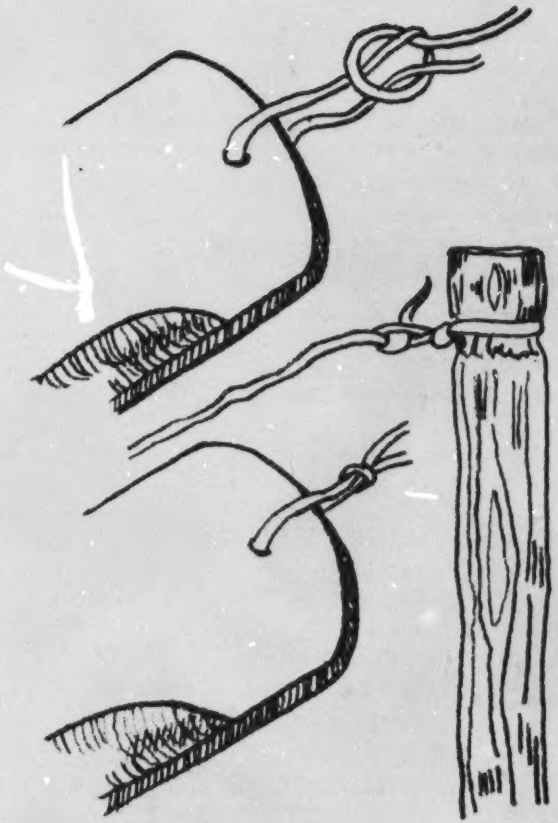
1. Chisels that will carve an edge on your piece of wood (a wood file would work too.)
2. Sandpaper to smooth off the edges you carve. You will need to have someone drill a small hole in the top of your wood. This hole is used to tie the string to the bull roarer so it needs to be just a little bigger than your string.

How to make the bull roarer

Carve the top of the piece of wood into a curve as shown on diagram (A), and drill a small hole about ¼ inch from top of the curve (B). At mid-point on each side (C), begin to carve the edge thin as shown by the shaded area. Sand all the carved areas smooth. Put the string through the hole in the top, tie a knot above the hole (E).

How to play

Hold the string and spin the wood around very fast. The bull roarer on the string will begin to make a roaring sound. You may need an adult to help because the carving knives have to be used carefully.

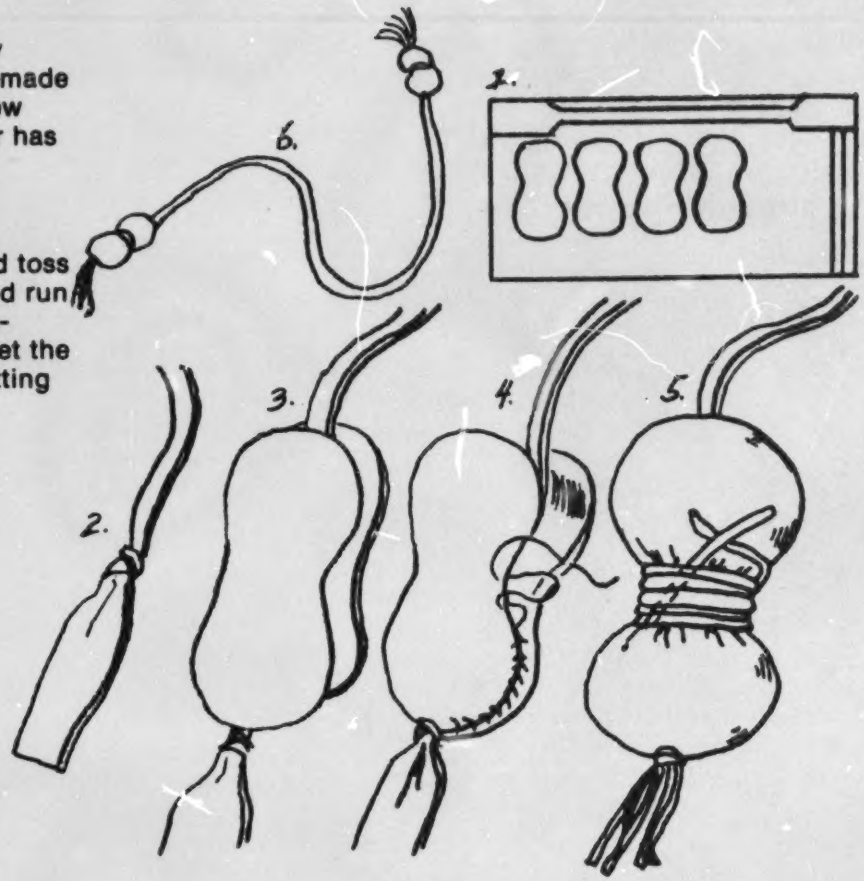


DOUBLE-BALL GAME

This game is played by the **Menominees** of Wisconsin. To play the game it is necessary to make a double-ball. A double-ball is made out of buckskin. It is about eleven to fifteen inches long. You sew two long sacks and tie them together with buckskin. Each player has a stick about three feet long. This game was usually played by women. There are six to ten players on each team.

The field is about 100 yards long, but can be any distance the players decide on. Both teams start at the middle of the field and toss the ball up. The players try to pick up the ball with their stick and run with it to the other team's goal. you can throw the ball to a teammate, but that is really hard. You can do anything you want to get the ball to the goal except touch it with your body. No kicking or hitting with the sticks is allowed. Tackling the person with the ball is allowed.

This game is very fast and tiring.



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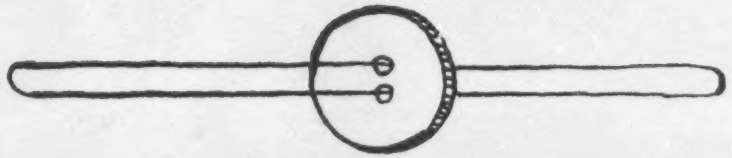
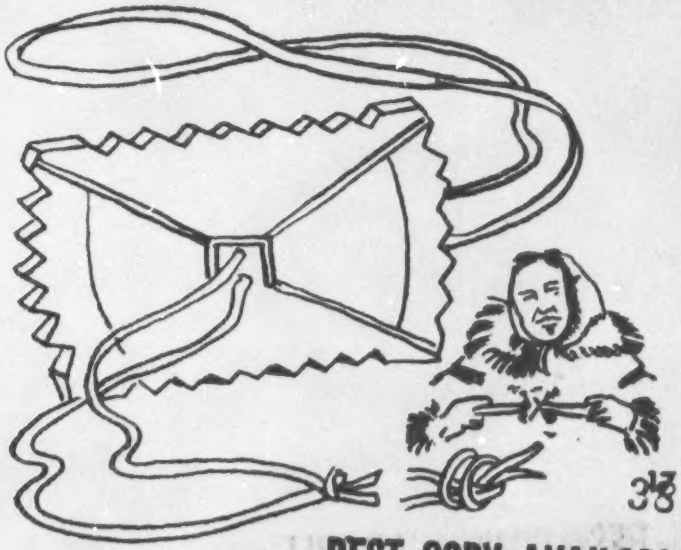
BUZZZZZZ

This toy is called Buzz. We used string and buttons to make it. Kite string works best. This whirling toay used to be made out of bone, pottery or gourd shell and cord. The Plains tribes used an animal knuckle bone tied with a piece of twine. To make the toy, you string the button like this.

To play with this toy, you hold the ends of the string and turn it around and around like you turn a jump rope. Turn it about 20 times, then quickly pull on it, then relax, pull on it again, then relax, and so on. When this is done the button starts to spin and the string feels like elastic. When you get the button going fast, it makes a buzzing noise. And that is why it is called buzz.

You arms really get tired. When we played with the toy, it felt like our arms were going to fall off. This is a common toy among Indian children from many areas.





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ESKIMO GAMES

Knuckle Hop -- To play this game drop down on your knuckles on the hardwood floor. Then you hop on your knuckles and toes as far as you can go. The player who goes farthest wins.

Stick Pull Game -- For this game, you need a greased, 18-inch long stick which is 1½ inches in the middle and tapers to ¾ inch at both ends. Two people sit facing one another on the floor with their legs crisscrossed. Each holds one end of the stick and tries to pull it away from the other.

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Recipes

We made a meal of all-Indian foods. We made a Cherokee recipe for Sweet Potato Bread. The Cherokees come from what is now North Carolina. We had a Menominee recipe for wild rice and an Iroquois recipe for Fried Beans. The Menominee Reservation is in Wisconsin and the tribes of the Iroquois Confederacy live in the area of New York State.

Here are the recipes for these Indian dishes. You will like them.

WILDRICE

1 cup wild rice
2½ cups water
1 teaspoon salt
2 tablespoons safflower oil

First you put the rice, salt and water in a saucepan, then you bring it to a slow boil. Reduce heat and simmer uncovered until all of the water is absorbed. Put the rice in a bowl and season with the safflower oil or butter.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
106.9	14	4.8	325.9	4.2	63.4	.09	1.1	0

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
2.5	.19	3.4	41.2	22.9	.79	.12	0	

HUCKLEBERRY FRITTERS

Autumn is the time of year that the growing season comes to an end. Many plants grown for food should be harvested (in the fall). There are many wild plants that can be harvested also. Huckleberry, a wild berry, grows in many parts of our country. It resembles a blueberry. If huckleberrys grow wild in your part of the country, pick some and make the following recipe. If they do not, you can substitute blueberries for them.

1 pound fresh huckleberries
4 cups of flour
1/2 cup milk
1/2 cup honey
3 1/2 teaspoons baking powder
5 eggs

Sift together the flour, baking powder, and add sugar. Beat the eggs slightly, add the milk to them and stir. Mix the dry ingredients with the liquid ones. Stir in the huckleberries. Heat oil (about 1 1/2 inches deep) in a heavy skillet until it reaches 350° F. Drop batter into the fat by tablespoonfuls. Turn to brown evenly. Place on paper towels to drain. Serve warm.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
109.67	19.9	1.6	36.4	17.5	35.4	.1	.77	143.9

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
3.8	.33	.16	71.8	6.6	.97	.1	2.7	7.7

CORN PUDDING

Corn has been a food eaten for many years by tribes of the Eastern Woodlands. This is a Seneca recipe for a pudding-like dish made from corn. It looks like a lumpy pudding, but it is not a dessert. It is a dish to be served in place of potatoes or rice. This recipe makes enough for about 10 to 12 servings. If you want to make a meal out of this, you can boil a chicken to make your broth and serve it with the corn.

1 20 oz. package frozen whole kernel corn (thawed)
2 quarts chicken broth
¼ cup butter
1 1/3 cups white corn meal
½ cup flour
2 teaspoons baking powder
1 tablespoon salt
1 egg
½ cup milk

Boil the broth and butter, then simmer for 5 minutes. In the meantime, sift together the cornmeal, baking powder, sugar and salt. Beat the egg and add the milk to the egg. Mix the egg mixture with the flour mixture. Stir in the corn. Bring the chicken broth to a boil and drop in the corn mixture a teaspoon at a time. Reduce heat and simmer for 15 minutes. Watch over your pudding carefully because it burns easily!

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
164.56	129.1	.61	1,710	1.85	89.3	.01	.96	472.8

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
5.2	.47	.31	169.4	16.4	.64	.09	4.8	6.4

WOJAPI

Wojapi is a Sioux recipe. It is a pudding-like dish made with berries. You can use huckleberries, chokecherries, or any similar berries. We used blueberries for ours. It's an easy dish to prepare in class or at home. Wojapi tastes good warm! This recipe makes about 10 servings. Ingredients you will need are:

2 lbs. blueberries
3/4 - 1 cup water
1/2 cup flour (approximately)
sugar or honey to taste

Place the blueberries and water in a pan. Mash the blueberries with a spoon. Add the flour and honey or sugar and stir until they are mixed.

Place the pan on the stove on medium-high heat. Stir constantly until the pudding thickens. Let it cool for a few minutes and then serve.

BANAHA

This is a Choctaw recipe called Banaha. Ingredients you will need to make it are:

1 pound of pinto beans
1 cup corn meal
1 cup buttermilk
1/2 cup bean juice
1 cup self-rising flour
1 tablespoon honey
1 teaspoon salt

These ingredients make the filling. You will also need corn husks to wrap around the filling.

The first step is soaking the beans overnight. Then boil them at a low temperature for two hours. Drain the juice from the beans and save it.

Mix flour, corn meal, honey and salt. Add the buttermilk and bean juice. Mix this up til it makes a mushy batter, then add an equal amount of beans and batter together.

Now the fun part begins! You will use some corn husks which can be either fresh ones or dried ones from the store. We found some dried corn husks in a Mexican food store. Try both fresh and dried husks. See which ones you think are easier to use. If you use dry husks, soak them for a few hours before you use them.

Find a big husk. Put ¼ cup of the filling in the center. How much you use depends on the size of the husk. Fold the sides over, then fold the ends over to make a little package to hold the beans. Tie a thin piece of husk around the folded husk to keep it closed.

Now all you have to do is drop it in boiling water for half an hour and you will have Banaha! It is messy to make Banaha, but it's fun.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
157.05	29.85	.84	328.26	96.18	204	.3	1.09	37.86

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
7.76	9.3	.06	323.29	9.54	11.76	.1	tr	

FRIED BEANS

You boil green beans til tender. Then fry them in bear or safflower oil, take them out when they are light brown.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
16	3.5	.1	3.5	2.8	22	.04	.25	300

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
.95	.5		121.5	16	.4	.055	9.5	

PUMPKIN PINON LOAF BREAD

This recipe comes from the Pueblos of the southwest. The recipe title names two foods native to the southwest. One is pumpkin and the other is pinon nuts. If you live in the southwest, find out where you can gather these ingredients yourself.

If you don't live in the southwest, you may have trouble finding pinon nuts. Try looking in natural or health food stores or a kitchen specialty shop. You may find only raw pinon nuts. If you do, you can roast them yourself by spreading them on a baking sheet and putting them in the oven for one hour at 300°. This recipe makes two loaves of bread.

1 2/3 cup mashed pumpkin
1 1/2 cups brown sugar
3 eggs beaten
1/2 cup melted butter or margarine

Mix the above ingredients together and set aside. Next, sift the following ingredients together:

3 cups flour
1 1/2 teaspoons cinnamon
1/2 teaspoon salt
1/2 teaspoon nutmeg
2 teaspoons baking powder

Add the flour mixture to the first mixture. Stir in 1 cup of shelled pinon nuts. Grease and flour two loaf pans. Pour half the batter in each pan. Bake for an hour or until a toothpick inserted into the loaf come out clean.

Once your bread has cooked, slice it and you're ready to eat! It's good buttered and eaten with a glass of milk.

SWEET POTATO BREAD

1 diced sweet potato

Mix:

2 cups corn meal
½ teaspoon salt
½ teaspoon baking soda
1 teaspoon baking powder
1 tablespoon honey

Mix in about 2 cups boiling water. Spread in a greased pan and bake at 450° for 30 minutes. To check bread, poke it with a fork. If crumbs do not stick to the fork, it's done. The baked bread looks light brown in color.

pumpkin pinon loaf bread
Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
135.4	163.8	213.9	131.7	20.35	44	.11	.68	371

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
3.15	4.7	.28	48.35	5.78	6.8	.1	.95	4.43

Sweet potato bread
Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
69.25	14.9	.53	289.7	48.5	100.5	.07	.38	1166.1

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
1.5	.15	.14	69.1	19.6	.44	.02	2.6	

FRIED BREAD

Almost every tribe has its own Fried Bread recipe. This is one of our favorites. Ingredients you will need are:

4 cups flour
3 tablespoons baking powder
2 tablespoons dry milk
2 cups warm water
1 pot with at least 2 inches of hot lard or vegetable oil for frying the bread

Mix the dry ingredients. Mix in one cup of warm water, then slowly add the second cup of warm water. Knead until it makes a dough that won't stick to your hands. You might have to add a little more flour to keep it from sticking. Roll the dough into balls and flatten each ball in your hand. Then, poke a hole in the middle. Next, drop it in the fat and fry it until it's golden brown. This recipe should make about 20 pieces. Some people spread butter or jam or lightly salt the fry bread. Others like it plain.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
94.2	19.1	2.7	51.3	5.8	27.7	.06	.87	.12

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
4.4	.06	tr	56.1	6.8	.71	.06	.03	

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NOGAZA

Nogaza is a Navajo recipe. Nogaza is made from white corn meal, goat's milk and baking powder. We got our goat's milk at a health food store. If you can't find goat's milk, use regular milk.

Mix the ingredients in a bowl. There are no exact measurements. Combine corn meal, goat's milk, and a little baking powder to make a thick batter.

Spoon the batter onto a greased pan like pancakes. If it is too thick, add a little more milk. Cook for three minutes on each side at 350° or medium heat. Eat with butter.

Navajos considered it improper for a woman to stand while she is cooking. The Navajos believed that if you ate burned food, your blood would boil and you would die spitting it up.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
128.3	23.7	2.3	639.4	163.7	230.2	1.2	7.2	188.8

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
3.6	.29	.41	173.3	37.83	1.1	.07	.26	.65

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PUEBLO COOKIES

This is a recipe for Pueblo cookies. It was easy to make, but it was messy. It makes a lot of cookies, about 3 or 4 dozen, depending on the size you make. You will need:

1 cup butter
3/4 cup honey
1 egg
3 cups flour
1 1/2 teaspoons anise seeds, crushed
1 1/2 teaspoons baking powder
3/4 teaspoon salt
1 cup milk
cinnamon and sugar to put on top of cookies

First, mix the butter, honey and egg. This gets real sticky and takes a long time. In another bowl, mix the remaining dry ingredients. Spoon the dry ingredients into the butter, honey and egg mixture, stirring all the time. Blend well.

Now for the gooey part. Get your hands in it. Make it into a ball, then roll it flat on a floured board. Make sure you keep flour on your rolling pin or the dough will stick to it.

Cut the dough into any size cookies you want. Roll the pieces in a mixture of sugar and cinnamon. Then put them on a buttered cookie sheet in a preheated 350° oven for 10 minutes or till done. Anise gives the cookies and interesting flavor. Some people say it tastes like licorice.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
215.11	37.3	4.1	73.9	13.3	105.1	.16	1	392.8

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
7.7	7.9	.31	116.4	13.3	1.69	.49	.94	23.1

WAS NAH

Was Nah is a Sioux dessert recipe made by many Plains Indians. Ingredients you will need:

2 cups of toasted corn
1/2 lb. soft butter
2 cups brown sugar
2 small cans (drained) bing cherries

Toast the cornmeal under the broiler. Pour it into a bowl with the remaining ingredients and mix well. Chill this mixture until you're ready to serve.

EGGS SCRAMBLED & SALMON

Most important of all foods to many of the Northwest Coast tribes was fish, and most important of all fish was salmon. So much so that in some languages the word for fish was the same as the word salmon. Indians recognized "five tribes of salmon," and indeed, there are five species. In summer, when the salmon run began, the rivers swarmed with them. A Skokomish elder observed, "They were so thick you could walk across on their backs."

Salmon were treated with great respect, for according to Indian belief, they were not fish at all but "spirit people" living in a magic village under the sea and sent up river each summer disguised as fish to feed the human race. The first salmon the be caught had to be carefully placed on the river bank with its head pointing upstream so that other fish would follow. In this way, the first salmon became the scout for its people and, as Indian legends tell, would either warn the others to stay away or to follow, according to the reception the people had given it.

When the salmon were running, women cleaned the fish with fresh ferns, cut them lengthwise with a knife of stone or mussel shell and skewered the steaks on sapling sticks to roast before an open fire.

(six servings)

6 eggs
1/8 teaspoon pepper
1 tablespoon minced chives
2 tablespoons butter/margarine
1/2 pound sliced smoked salmon, cut into Julienne (thin) strips

Beat the eggs until foamy. Add pepper and stir in the minced chives. Melt the butter or margarine in a skillet. Pour in the egg mixture. Put in the smoked salmon. Cook with low heat until the eggs are soft-cooked. Occasional stirring is required to provide even cooking.

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Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
186.2	.61	13.5	32.9	137	19.6	.07	3.1	965.8

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
14.7	.04	2.25	212.9	17.9	1.7	.48	1	27

FISH HEAD SOUP

This is a Skokomish recipe. It is also a favorite of many other northwest coast Indian tribes. Ingredients you will need are:

4 salmon heads
10 medium sized potatoes, diced
1 large onion, chopped
salt and pepper
enough water to fill soup pot

To make the soup, first dice the potatoes and chop the onions. Wash the fish heads and put them into a soup pot with water, potatoes and onions. Add salt and pepper to your own taste. Bring this to a boil and cook until the potatoes are done.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
178.9	9.05	9.8	127.92	4.16	216.7	.51	.76	195.95

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
13.07	.29	tr	461.95	.8	.35	143.95	8.5	

ROASTED PERCH

To make Kwakiutl (qua-ki-OO-tul) roasted perch, you have to make a big fire using hardwood. Let the fire burn down until only small flames and hot coals remain. Lay the perch on the hot coals towards the outer rim of the fire. You don't have to clean or scale the fish. You can even leave on the head!

When the side of the fish begins to get scorched, turn it over with a pair of tongs. Cook it about the same amount on each side. You'll notice some steam coming from the perch, and this is a sign that it is almost finished cooking. Using your tongs, take the fish from the fire and lay it on a mat. Get a piece of broken cedar and use this to scrape of the the skin and scales. When you are done scraping, take the meat off the fish with your fingers. Then you are ready to eat!

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
45.5	0	.45	34		90	.03	.85	

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
9.8	0		115		.3	.85		

RABBIT STEW

1 rabbit - season with salt, black pepper and chili pepper to taste
¼ cup vinegar
½ cup celery
3 cups tomato juice
2 minced onions
2 large Irish potatoes
2 tablespoons flour
2 large carrots

Skin and wash rabbit. Cut in serving pieces and put in pot. Add all ingredients except potatoes and carrots, simmer until tender. Add potatoes and carrots and simmer one more hour.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
77.4	10.5	2.4	177.8	15.5	37.2	25.8	.75	1948.6

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
29.3	.86		835.6	38.9	.85	15.5	15.5	

ELK BURGERS

This recipe was given to us by a Yakima Indian friend. Elk burgers are often eaten with paahke, a wild root having a mild taste like potatoes. Ingredients you will need:

1 pound ground elk
1 pound bulk sausage
4 crushed soda crackers
1 egg (whole, unbeaten)
salt and pepper
2 slices bacon, browned and minced
tomato sauce

First brown and mince the bacon. Save the bacon fat to cook the burgers in. Then mix all the remaining ingredients together. Fry in the fat until brown. Eat on a bun.

Per Serving Content

CAL	CHO	FAT	Na	Ca	P	THI	NIA	A
377.3	.8	20.6	29.2	6.8	19.1	.12	1.4	53.3

PRO	FIB	PUFA	K	Mg	Fe	RIB	ASC	D
14.2	tr	2.4	9.8	6.3	.45	.08	0	2.24

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For further information, please contact:

United Indians of All Tribes Foundation
P.O. Box 99253
Seattle, Washington 98199
(206) 285-4425